

II. NUTRITIONAL HEALTH EVALUATION

ARTICLE/SECTION	YES	NO	N/A	COMMENTS
Article 9. Food				
1460 Frequency of Serving				
Food is served three times in any 24-hour period.				
At least one meal includes hot food.				
If more than 14 hours passes between these meals, supplemental food is served.				
A nutritious snack is offered at initial intake.				
Supplemental food is served in less than the 14-hour period for minors on medical diets requiring more than three meals.				
A minimum of twenty minutes is allowed for the actual consumption of each meal except for those minors on medical diets where the responsible physician has prescribed additional time.				
Minors who miss or may miss a regularly scheduled facility meal, are provided with a sandwich or a substitute meal and beverage.				
Minors on medical diets are provided with their prescribed meal.				
1461 Minimum Diet (See regulations for equivalencies and serving requirements.)				
The minimum diet provides an average daily caloric allowance of 2,000 to 2,200 calories for girls 11-18 years of age and 2,500 to 3,000 calories for boys 11-18 years of age.				
Based on activity levels, additional servings from the milk, vegetable - fruit, and bread - cereal groups are provided in amounts that assure calorie requirements specified in the regulation.				
Total dietary fat does not exceed 30% of total calories on a weekly basis.				
Pregnant minors are provided with a supplemental snack.				
Facilities electing to provide vegetarian diets for any reason also conform to the dietary guidelines.				
The minimum diet in every 24-hour period consists of the full number of servings specified from each of the food groups below. Snacks may be included as part of the minimum diet.				
(a) Protein Group. The daily requirement is two servings containing at least 14 grams of protein (see regulation for exception). In addition, there is a third serving from the legumes three days a week.				
(b) Milk Group. The daily requirement for milk or milk equivalents is 32 fluid ounces for persons 11-18 years of age, including pregnant and lactating women.				
A serving of milk provides at least 250 mg. of calcium.				
All milk products are pasteurized.				
All milk is fortified with 400 IU of Vitamin D and 2,000 IU of Vitamin A, per quart.				

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(c) Vegetable-Fruit Group. The daily requirement is at least six servings including the specified type and frequency in each of the following categories:				
(1) One serving of a fresh fruit or vegetable.				
(2) One serving of a Vitamin C source containing 30 mg. or more.				
(3) One serving of a Vitamin A source fruit or vegetable containing 2000 I.U.				
(d) Grain Group. The daily requirement is at least six servings. At least three servings from this group are made or partially (50-100%) made with whole grains, or whole or partial whole grain products.				
1462 Therapeutic Diets				
Prescription of therapeutic diets is the sole province of the attending physician.				
Therapeutic diets utilized by a facility are planned, prepared and served with consultation of a registered dietician.				
The facility manager complies with providing any therapeutic diet prescribed for a minor.				
Diet orders are maintained on file for at least one year.				
There is a therapeutic diet manual which includes sample menus. It is available to in-facility medical personnel and food service staff for reference and information.				
A registered dietician reviews, and the responsible physician approves, the diet manual on an annual basis.				
1463 Menus				
Menus are planned at least one month in advance of their use where kitchen facilities are a part of the facility. Menus are planned to provide a variety of foods considering the cultural and ethnic makeup of the facility thus preventing repetitive meals.				
Menus are approved by a registered dietician before being used.				
If any meal served varies from the planned menu, the change is noted in writing on the menu.				
Menus, as planned and including changes, are retained for one year and evaluated by a registered dietician at least annually.				
1464 Food Manager				
In facilities with an average daily population of 50 or more, there is employed or available, a trained and experienced food manager to:				
(a) prepare a food service plan;				
(b) plan menus;				
(c) identify vendors/purchase food;				
(d) identify the methods, equipment and supplies to be used for the transporting and serving of food at safe temperatures and of a palatable quality;				

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(e) provide a portion control system;				
(f) designate and supervise kitchen personnel;				
(g) train facility staff in serving food to comply with standards set forth in Health and Safety Code, Division 22, Chapter 4, Articles 1 - 8, California Uniform Retail Food Facilities Law (CURFFL);				
(h) train food service staff;				
(i) arrange for the disposal of garbage and trash in a safe and sanitary manner;				
(j) prepare a yearly food budget;				
(k) plan logistical support system for the food preparation function;				
(l) provide a food cost accounting system: and inventories; and,				
(m) develop an emergency feeding plan.				
In juvenile facilities with less than 50 average daily population, the facility administrator has developed a written food services plan.				

Summary of nutritional evaluation: